



SAN BENITO COUNTY

HEALTH & HUMAN SERVICES AGENCY

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HEALTH OFFICER

KATHRYN FLORES
DIRECTOR

PUBLIC HEALTH SERVICES
Healthy People in Healthy Communities

May 4, 2009

ABOUT THE SWINE FLU

What is swine flu?

Swine flu is a respiratory disease of pigs caused by type A influenza virus. Swine flu virus regularly causes outbreaks in pigs but rarely in humans. Occasionally there have been human infections of swine flu such as we are seeing now and in this current situation there is evidence of person-to-person transmission.

What are the symptoms of Swine Flu?

- Fever 100° or higher
- Sore throat
- Cough
- Vomiting and/or Diarrhea

What should you be concerned?

The swine flu is a new flu virus and people have little or no immunity. If this new flu virus begins to spread easily person-to-person, it could sweep across the country and around the world in a very short time. This would cause an influenza pandemic.

At this time, we do not know how serious it will be or how long it will last. As more people become infected, the risk of exposure to the public becomes greater.

What should I do if I think I am sick?

- If you have a fever of 100°F or higher and one of the symptoms listed above, call your doctor or medical provider. Your doctor may have you come in for an appointment and test you for influenza. Your physician will decide whether influenza antiviral treatment is needed.
- If you're sick – stay home from work or school. It is important to limit contact with other people, so you don't spread germs to others.
- If you have flu symptoms and need to go to a medical appointment, use a surgical mask or cover your mouth and nose with a tissue when you sneeze or cough, and throw the tissue in the trash afterward. Call your doctor in advance to let them know that you are coming in or to receive advice on home care.
- If you are feeling sick and you don't have a fever, it's best to stay home from work or school, get plenty of rest and drink plenty of fluids. If your symptoms get worse, call your physician or medical provider.

What can I do to prevent getting sick?

- Wash your hands with soap and warm water to get rid of germs and prevent the spread of disease, especially after coughing and sneezing. If you do not have soap and water, use a waterless hand gel with an alcohol base of at least 60%.
- Cover your mouth and nose with a tissue whenever you sneeze and cough. Throw the tissue away in a waste basket. If you do not have a tissue, sneeze or cough into the fold of your elbow, without using your hands.
- Avoid kissing or shaking hands when greeting people, and do not share food, drinks or utensils.
- Keep common areas clean; places such as kitchen counters, bathrooms, door handles, toys, telephones and other household items.
- Allow fresh air to flow into your home or at work by opening screened windows and doors.

For more information: Swine flu information has been posted to the San Benito County Web site: sanbenitoco.org. Call the San Benito County Public Health for more information 831-637-5367.

PUBLIC HEALTH SERVICES
439 Fourth Street
Hollister, CA 95023
831-637-5367

MEDICAL THERAPY UNIT
761 South Street
Hollister, CA 95023
831-637-1989

ENVIRONMENTAL HEALTH SERVICES
1111 San Felipe Road, Ste 101
Hollister, CA 95023
831-636-4035

HEALTH EDUCATION PROGRAMS
1111 San Felipe Road, Ste 102
Hollister, CA 95023
831-636-4011

EMERGENCY MEDICAL SERVICES
1111 San Felipe Road, Ste 102
Hollister, CA 95023
831-636-4066



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FOR IMMEDIATE RELEASE

May 4, 2009

SWINE INFLUENZA HEALTH ALERT

Swine Influenza A (H1N1) is a new virus, but there is a treatment. San Benito County Public Health Division is working closely with the California Department of Public Health to address all concerns relating to the spread of this virus. There are things you can do to protect yourself including:

- Stay home when you are sick to avoid spreading illness to co-workers and friends, unless you are having respiratory distress, high fever, or a condition that warrants calling your personal physician.
- Keep children home if they are ill. Track their symptoms and contact your pediatrician if you have concerns.
- Avoid close contact with sick people.
- Cough or sneeze into your elbow or a tissue and properly dispose of used tissues.
- Wash your hands thoroughly with soap and warm water or use an alcohol-based hand sanitizer to get rid of most germs and avoid touching your eyes, nose and mouth.
- Stay healthy by eating a balanced diet, drinking plenty of water and getting adequate rest and exercise.
- Develop a contingency plan for childcare in the event of school and/or daycare closure.

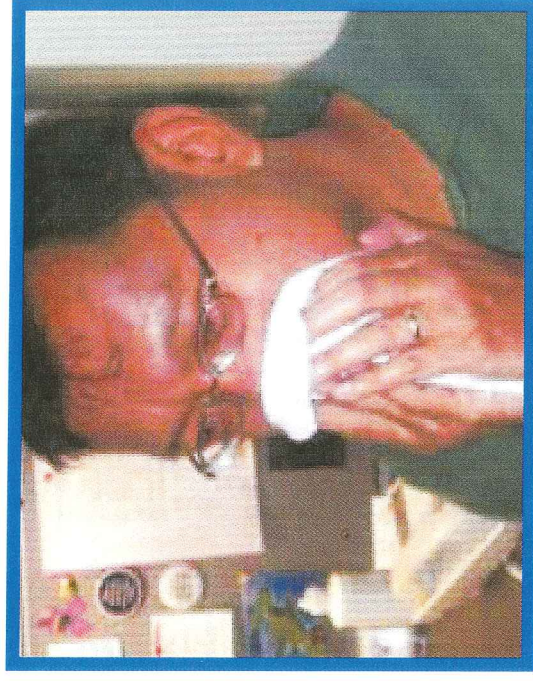
We ask that you share this information with those you come in contact with and encourage them to abide by these simple, yet extremely effective universal precautions. Public Health is here to serve as a resource for you and your (agency/organization/school). For more information on Swine Influenza please call us at (831) 637-5367.

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Please Note: State of California Hotline (888)865-0564 7:00am - 6:00pm Monday-Friday
8:00am - 4:00pm Weekends

Stopping the Flu is up to You!

The flu is spread from person-to-person when someone who has the flu sneezes, coughs or even talks. The flu virus is put into the air and may be inhaled by anyone close by. Occasionally a person may become infected by touching something with the virus on it and then touching their mouth or nose.



To protect yourself and your family from the flu:

Wash your hands often with soap and warm water.

Use tissue when you cough, sneeze or spit, and dispose of the tissue in a covered trash bin.

Keep hands away from your face.

Clean shared space more often such as phone receivers, keyboards, steering wheels and office equipment.

Do not share personal items such as forks, spoons, toothbrushes and towels.

Avoid crowds or people who are ill.



For more helpful information, contact San Benito County Public Health Services ~ 831-637-5367 ~ www.sanbenitoco.org

Stop Disease



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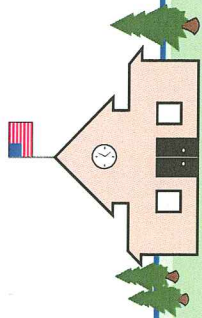
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防止疾病



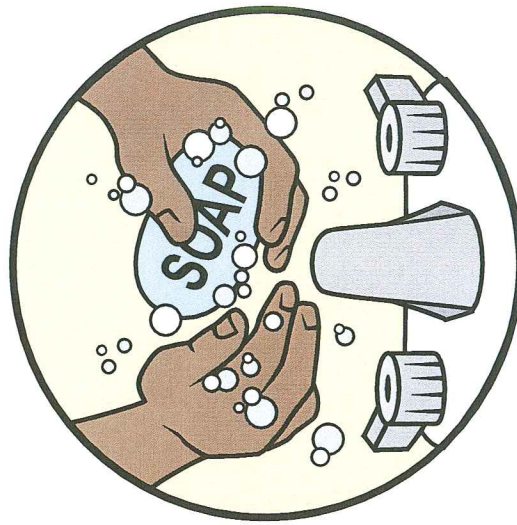
Germ-Free Zone



- **Don't spread germs.**



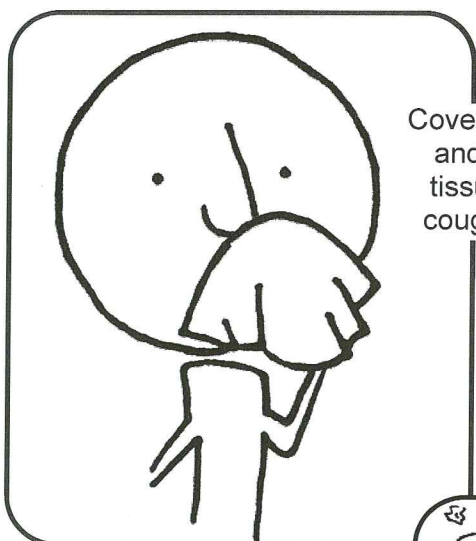
- **Cover your cough.**



- **Wash your hands often.**

Stop the spread of germs that make you and others sick!

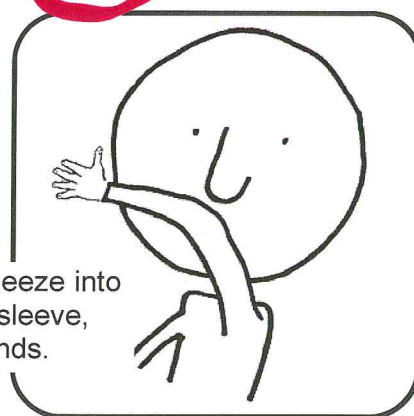
Cover your Cough



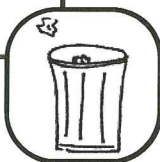
Cover your mouth
and nose with a
tissue when you
cough or sneeze

or

cough or sneeze into
your upper sleeve,
not your hands.



Put your used tissue in
the waste basket.



You may be asked to
put on a surgical mask
to protect others.

Clean your Hands

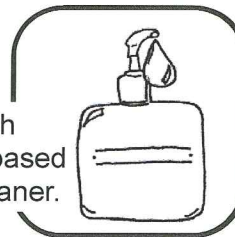
after coughing or sneezing.



Wash with
soap and water

or

clean with
alcohol-based
hand cleaner.



Minnesota Department of Health
717 SE Delaware Street
Minneapolis, MN 55414
612-676-5414 or 1-877-676-5414
www.health.state.mn.us



Minnesota
Antibiotic
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